

# Michigan Goes Red!

This February Michigan will **Go Red** in honor of the American Heart Association's Go Red For Women campaign to educate individuals about the risk of heart disease in women. Women are encouraged to go online and take the Go Red Heart Check Up at [www.goredforwomen.com](http://www.goredforwomen.com) to learn your personal risk and receive personalized information on what YOU can do to lower your risk of heart disease.

In addition to taking the Go Red Heart Check Up, individuals are encouraged to check out the various Go Red activities listed below.

- Friday, February 1<sup>st</sup> is National Wear Red Day. Find out how you and your work site can Go Red by contacting the American Heart Association at 616-482-1508. When you request more information, you will be sent tools to help you start a Wear Red activity at your work site or even within your circle of friends.
- February 7-21, the Go Red for Women Experience, an interactive exhibit, will be on display at St. John Hospital in Macomb.
- On Saturday, February 16<sup>th</sup> the Southwestern Michigan Heart Walk will take place at Wings Stadium in Kalamazoo. Contact 616-482-1527 for more information.
- Go Red For Women Luncheons are occurring across the state in February. See the dates and contact information below.
  - Friday, February 1<sup>st</sup> at the Calvin College Prince Conference Center in Grand Rapids. Contact 616-482-1524 for more information.
  - Thursday, February 7<sup>th</sup> at the Detroit Marriott Renaissance Center. Contact 248-936-5825 to purchase tickets or for more information.
  - Wednesday, February 13<sup>th</sup> at Apple Mountain in Freeland. Call 989-781-5843 to purchase tickets or for more information.